

Surgery Prep Checklist for People with T1D

(Print this or save it to your phone for easy reference)

✔ Before Surgery

- Talk to your endocrinologist or diabetes care team about your upcoming procedure.
- Ask your surgical team if you can wear your CGM and/or pump during surgery.
- Know your:
 - Total daily basal insulin dose
 - Insulin-to-carb ratios throughout the day
 - Correction factor
- Pack a diabetes go-bag with:
 - Glucose meter
 - Backup pump supplies
 - Insulin pens/vials + syringes
 - CGM sensors and transmitter
 - Fast-acting glucose
- Make a medication list (including supplements + allergies) to bring with you.
- Prepare a healthcare proxy or designate a care partner in case you're unable to advocate for yourself.

✔ Day of Surgery

- Confirm surgery time — aim for the earliest slot if fasting is required.
- Follow pre-op fasting instructions from your surgical team.
- Check your blood sugar before leaving for the hospital.
- Bring all your diabetes supplies — even if you don't think you'll need them.
- Make sure your care team knows how to use your tech (offer a quick explanation or printed info sheet).

✔ After Surgery

- Resume blood sugar monitoring as soon as you're alert and able.
- Watch for signs of infection at the surgical site:
 - Fever/chills
 - Redness or swelling
 - Pain that's increasing instead of decreasing
 - Pus or odd-smelling drainage
- Follow up with your endocrinologist if your glucose levels are out of range post-op.
- Rest, hydrate, and recover — your body (and blood sugar) will thank you.